



April – June 2010

www.cambsdistra.co.uk

The newsletter of the Cambridge & District Referees' Society

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Welcome

by Matthew Leach - Chairman

Welcome to the April – June edition of the on-side magazine produced by the Cambridge and District Referees' Society for its members.

April has been a busy month for most of us with matches coming thick and fast from the various leagues we officiate on. With this in mind we have decided to move the final meeting on the season to **May 18th 2010**

I would like to congratulate Conrad Holmes who was appointed to run the line on Ridgeons League Cup Final and to Darren Deadman who refereed the FA Sunday Cup Final in Liverpool

We will carry on publishing our magazine and keeping the website up to date with the latest news from our society. If anyone has ideas for articles or suggestions for the website please contact us via cambridgera@gmail.com

Future Meeting Dates

The dates for this season's Referees' Society meetings are as follows:

18th May – A.G.M



All of our meetings start at 7.30pm and are at Cambridgeshire Football Association Head Quarters.

The Meetings so Far.

by Chris Abbott



So far this season the Society have had 6 meetings. They have all been held at the Cambridgeshire Football Association. We would like to thank the Association for letting us headquarters for our meetings.

Our last meeting was in March where Darren Deadman stepped in to help the society out. Unfortunately we were let down by our speaker Premiership Referee Kevin Friend. Darren did an excellent session, on positioning. We would really like to thank Darren for stepping in last minute to help us out.

www.cambsdistra.co.uk



Our website now contains a forum for referees to discuss whatever is on their minds. The forum is there for all of our county referees to discuss the latest football topics, ask for help or advise or just generally converse.

To register for the forum go via our site (www.cambsdistra.co.uk) and choose **Forum**. Follow the links then to the actual forum.



When in the actual forum you will need to register with a username and password.



Without your input the forum will not work, so please try to make use of it. This could be a great tool for the society.

Also please remember to be courteous to all other users.

Why not JOIN US every **WEDNESDAY**

At

Swavesey Village College Sports Centre

— *Gibraltar Lane, Swavesey – (or CB24 4RS for sat navs)*

During the months of May/June 2010 we will be practicing the 2500/2700m run around the playing fields at Swavesey Sports Centre. It isn't the track that we use but it will get you used to running the distances you want plus you will be running with others who will encourage and run with you so that you will feel confident of achieving your fitness test goal. It is lot easier running with others and you can gauge your pace and keep in practice ready for the test.

It is also a good fitness idea for those aspiring to get to the next level, in that they can get an idea on what they have to do to be able to run this distance. But it is also good to help maintain your stamina levels over the summer.

7.30 – 8.30 pm

Meet about 10 minutes before outside the Tennis courts / Sports Centre



Please ring **John Steel** for more details **01353 777806** or **07971 575218.**

Changing Room & Shower Facilities are available.

Please make sure you bring a bottle and a towel (for the gym).

Referee Mark Halsey makes an emotional return.

From www.footballreferee.org

Referee Mark Halsey admitted that he was emotional on taking charge of his first league game after treatment for throat cancer.

Halsey presided over Port Vale's 2-1 win over Rotherham at the Don Valley Stadium on Saturday, receiving a standing ovation as he took the pitch.

"It's something I'll never forget," he told BBC Radio Sheffield.

"It was very overwhelming, I was crying. It was great to be back and the players were fantastic."

The 48-year-old added: "I've went through some dark days and months leading up to Christmas. It's been hard to get my fitness back.

"Obviously those who've been through chemotherapy and radiotherapy know what it's like to put poison into your body in the way that I've had to for four or five months.

"I never thought I'd get back, especially when I failed a fitness test in February.

"And like the fans today with their applause, the ordinary supporters have been fantastic with me and inspired me to get back to this level."

Goals from Marc Richards and Craig Davies helped Vale put a dent in Rotherham's automatic promotion hopes, in a game where Halsey was not forced to show a card to any player.

"I was great to be out there, to have the players and managers moaning at me," said Halsey.

"I thought 'welcome back Mark, some things never change' and to show no yellow cards is fantastic, I'm very happy"



CONGRATULATIONS

To the following people on achieving their promotions this season;



Gerry Daish, Tim Doe, John Johnson, John Marasca, Philip Richards, Graham Eke, Paul Gregory, Philip Hampshire, Matthew Johnson, Carl Jones, James Jones, Kevin Julian, Thomas Padmore, Ian Pascu, Edward Potton, Bartosz Rohloff, Leighton Sheldrick, Arran Warburton

Referees' Conduct

At whatever level you are officiating at it is vitally important you convey a professional image. Keep this in mind when giving decisions and especially when speaking to players, managers and spectators.

The county FA have had a few reports recently of Referees and Assistant Referee's swearing at players and Managers.

It makes it very difficult for us as officials to take action against players swearing at us if we do the same back to them. If we want the current **RESPECT** campaign to work then we need to make sure we treat the players and managers respect by speaking to them in correct and appropriate manner.



Refereeing Questions

Q1 – You award a drop ball inside the penalty area. The captain of the home side wants the Goal Keeper to take part and insists that he can use his hands. What is your Response?

Q2 – 5 minutes into the match, you suddenly realise that a home team player is suspended and should not be playing. You missed it on the team sheet. You call the player over what do you do?

Q3 – Walking through the tunnel area at half time you notice a substituted member of the away team who is changed into his normal clothes strike the home goalkeeper. You show him the red card but how many players can the away team start the second half with?

Q4 – You overrule a neutral assistant for the 3rd time in the first half of a match. The Assistant snaps and swears at you claiming you are humiliating him. Some nearby spectators hear him what action do you take?



Answers on page 9

Level 3 Promotions from Kershaw Premier League

By Matthew Leach

As Chairman of Cambridgeshire Referees' Society I would like to take this opportunity on behalf of our society to congratulate **Marc Wilson** from Fen Ditton and **Nick Evans** from Huntingdon who have both received letters for promotion to Level 3 from the Football Association from the Kershaw Premier League.



As a society we would like to wish them both the best for the Fitness Test and Exam which they have to complete before being officially promoted. I know that next season will be exciting but a steep learning curve for both of them. I would like to offer the society's experience and support to Marc for next season, I am sure Huntingdon RA will be doing the same for Nick.

Unfortunately there have been some negative comments made about these promotions. I would like to clarify that this is not a view shared or endorsed by Cambridge and District Referees' society. As far as we are concerned there is no question that any form of favouritism was shown in getting people promotion by the county FA.

Wadsworth Cup

We finally have some progress on the Wadsworth Charity Football Competition;

The competition will be held on **Thursday 5th August**

The venue will be **Cambridge University Press**

The Teams will be **Hardwick FC v Milton FC**

We need help in running the competition so if you are able to donate a prize for the raffle, put your business in the programme or volunteer to help out at the event please contact us at the society via cambridgera@gmail.com



Please put this date in your diary as we need your support to make the event successful.

Closed Season Training Programme

From John Steel

This is an extract of pre-season training that helped me when I was training for the Annual 2700m run that we had to do as a contributory league referee to prepare for each season.

WEEK 1

Session 1	Medium Intensity 20 Minute Run You should be working at a pace where you can just maintain a conversation
Session 2	Medium Intensity 20 Minute Run You should be working at a pace slightly below that of session 1
Session 3	Repeat session 1

WEEK 2

Session 1	High Intensity 20 minute run – increase the speed form last week
Session 2	JOG Slowly for 5 minutes then INTERVAL SPRINTING SESSION : 50M (20 secs rest) , 100M (30 secs rest), 150M(40 secs rest) 200M (60 secs rest) , 150M (40 secs rest), 100M (30 secs rest) 50M . JOG Slowly for 5 minutes then repeat once.
Session 3	Medium / High Intensity 20-30 Minute Run
Session 4	Sprints at 70-80% of Maximum pace 10 seconds running – 15 seconds rest/recovery Repeat x 6 Rest 2 minutes repeat procedure x 6 (Approx 20 minutes work – 36 sprints in Total)

WEEK 3

Session 1	Medium Intensity 30 minute run
Session 2	JOG Slowly for 5 minutes then INTERVAL SPRINTING SESSION : 50M (20 secs rest) , 100M (30 secs rest), 150M(40 secs rest) 200M (60 secs rest) , 150M (40 secs rest), 100M (30 secs rest) 50M . JOG Slowly for 5 minutes then repeat once.
Session 3	Medium / High Intensity 20-30 Minute Run
Session 4	Sprints at 70-80% of Maximum pace 10 seconds running – 15 seconds rest/recovery Repeat x 6 Rest 2 minutes repeat procedure x 6 (Approx 20 minutes work – 36 sprints in Total)

WEEK 4

Session 1	High Intensity 20 minute run
Session 2	Warm up - 5 minutes jogging slowly Sprints Maximum pace 10 metre Sprint – Walk back slowly (Recovery) 20 metre Sprint – Walk back slowly (Recovery) 30 metre Sprint – Walk back slowly (Recovery) 40 metre Sprint – Walk back slowly (Recovery) 40 metre Sprint – Walk back slowly (Recovery) 30 metre Sprint – Walk back slowly (Recovery)

	<p>20 metre Sprint – Walk back slowly (Recovery)</p> <p>10 metre Sprint – Walk back slowly (Recovery)</p> <p>Repeat once more</p> <p>Warm down – 5 minutes jogging slowly</p>
Session 3	Medium / High Intensity 20-30 Minute Run
Session 4	<p>Warm up - 5 minutes jogging slowly</p> <p>Short Sharp sprints – aim to complete 30 in total ranging between 10m and 25m in length</p> <p>Incorporate plenty of turning and side stepping</p> <p>Some steady backwards running too.</p> <p>Warm down – 5 minutes jogging slowly</p>

If you have any questions about this then you can contact me on either **01353 777806** or **07971 575218**.

Also to aid your pre season training **Don't** forget my weekly training sessions on a **Wednesday** evening at **Swavesy Villages college**.

Answers to Quiz

A1. Allow the keeper to take part there is nothing in LOAF which prevents him. However the ball is only in play once it hits the ground so the keeper cannot touch it until then. If he touches it before this point then the drop ball is retaken.

A2. You have no authority to stop him from playing. Stop the match and explain to him, the captain and a club official what you believe and then report it to the relevant authorities after the match.

A3. The team would start with the same number of players as they finished the first half with as the player had already been substituted.

A4. Dismiss him. If an assistant users insulting or abusive language towards you then he must be removed from the touchline. If you have a 4th official replace him with this person if not find try to find a suitable replacement.

Refereeing Interview – Peter Howard

Age – 26

Which team do you support? *The Mighty Lions - MILWALL*

How did you get introduced into refereeing? *My dad (Brian Howard) was a referee and i went with him most weekends to watch. I then got the bug and thought i could do it for a bit of money, and its gone on from there.*

How long have you been refereeing? *I have been a referee since I was 14, so 12 years.*



What has been the highlight of your refereeing career so far? *I have been lucky to run the line on the Invitation Cup and referee various local Cup Finals. Probably 2 highlights; 1) Officiating on the Ridgeon's League Cup Final in 2009. 2) Running the line on the FA Youth Cup 4th round game between Arsenal and Wolves.*

What is the best game you have officiated and why? *The best game i have officiated at would have to be the Conference South game between Chelmsford and Braintree. It was on an Easter Monday and there were over 1600 people there. It was a cracking game, with a brilliant atmosphere and one i will never forget.*

If there was one thing you could change about football what would it be? *Stop the public abuse of referees! It's something that needs to be stamped on hard as it seems to be happening more and more.*

What skills do you think you need to become a referee? *I think you need to have a tough skin to put up with the abuse. But also a real passion for the game. Most referees love the game, and want to give something back to it as they either are no good, or got injured through playing.*

Who has been the biggest influence in your career and why? *My dad (Brian Howard) has been a big influence in my career as he was the person who got me into it and has always backed me no matter what.*

In your opinion who is/was the best referee and why? *I think internationally you can look no further than Pierluigi Collina. He just demanded respect and was always there to give the right decision, but also always had a smile on his face. English wise in my generation you would say Graham Poll.*

Thank you Peter for Answering our Questions!



Cambridge & District Referees Society

Membership Application Season 2009/2010

General Member: £18.00

Under 18: £13.00

Associate Member: £ 8.00

Total Fee Enclosed: _____

Name: _____

Address: _____

Date of Birth: _____

E-Mail Address: _____

Would you like to receive newsletter via e-mail Yes / No

Cheques to be made payable to: Cambridge & District Referees' Society and sent to:
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